

# NPR Fresh Air: Dr. Anna Lembke on pleasure, pain, and addiction

Post by "Don" of August 29, 2021 at 4:02 AM

## [Quote from Godfrey](#)

I'm not sure about that though; the circumplex and kinetic/katastematic are two completely different models and it's probably a stretch to equate them too closely.

See, that's where I'm not so sure anymore. We've been so conditioned to read that as "moving"/"static" and I'm not sure that is the way Epicurus intended. It seems to me that he did use the words, but [Nikolsky](#) makes a good case that they're not hard and fast categories or divisions. Especially katastematic as "static", I'm needing to delve deeper into the original texts where that and its derivations are used. I'm beginning to think that's a mischaracterisation. I should also do a search for what papers cite [Nikolsky](#) to see if we can expand on his ideas with other (of any) authors.\*\*\*

## [Quote from Godfrey](#)

Understanding the interaction of degrees of pleasure and arousal is useful in finding guidance from your feelings. As LFB explains, our feelings are often influenced by things we don't expect. The more we understand and notice about our feelings, including whether or not we have a neutral state, the better we can use them for guidance.



## [Quote from Godfrey](#)

Getting back to the original post in this thread, I believe the Dopamine Nation author stated that there is a neutral state of dopamine (arousal, production, reaction?). I may be way off base, but I think that this corresponds to one axis in the circumplex model.

Agreed. Even in listening to the podcast, it struck me that she wasn't really describing a "neutral" state as much as a state of balance. To muddy the waters even more, mayhaps a state of eudaimonia? 🤔 Neutral to me has connotations of numb. Balance has a connotation of pleasure.

\*\*\*PS: I don't know why I didn't do this before posting 🤔 Here are the papers that cite [Nikolsky](#) per Google Scholar. Looks like some interesting ones at first glance:

<http://www.epicureanfriends.com/thread/2168-npr-fresh-air-dr-anna-lembke-on-pleasure-pain-and-addiction/?postID=13664#post13664>

<https://scholar.google.com/scholar?q=related:v5L1bDhex1YJ:scholar.google.com/&scioq=Nikolsky+on+pleas>

\*\*\*\*This one was interesting:

[https://www.google.com/url?sa=t&source=web&rct=j&url=https://wiki.gonzaga.edu/alfino/images/e/e8/SplavQQFnoECB4QAQ&usg=AOvVaw3HpCa\\_CMvrYxD5iUtdxDpz](https://www.google.com/url?sa=t&source=web&rct=j&url=https://wiki.gonzaga.edu/alfino/images/e/e8/SplavQQFnoECB4QAQ&usg=AOvVaw3HpCa_CMvrYxD5iUtdxDpz)

<http://www.epicureanfriends.com/thread/2168-npr-fresh-air-dr-anna-lembke-on-pleasure-pain-and-addiction/?postID=13664#post13664>